

# Junior Olympics Women's Game Lacrosse Rules

## Game Procedures

1. The game shall consist of 5 on-field players and 1 goalie for each team.
  - a. A team may have an additional 6 players serve as substitutes on the sideline.
  - b. Each team will be allowed 2 coaches, 1 designated as the Head Coach.
2. Game time is four quarters of 8 minutes running time each.
  - a. 2 minutes break after the 1<sup>st</sup> and 3<sup>rd</sup> quarters.
  - b. 5 minutes break for half time.
3. The game time shall begin when the official blows the whistle to start the first draw of each quarter.
  - a. The only time the game will stop is;
    1. During a team time out
    2. During an injury
    3. During the last 2 minutes of the 4<sup>th</sup> quarter if the score is within 2 goals.
4. Each team will be allowed two 30 second timeouts a half.
  - a. A team must be in possession to call a time out.
  - b. A time out may be called anywhere on the field.
5. Overtime consists of 4 minute sudden victory periods.
  - a. Each team will receive one 30 second time out per overtime period.
  - b. If game remains tied after the first OT period, it is followed by additional 4 minute overtime periods until a winner is determined.
6. Teams will switch ends they are defending after each quarter and overtime period.
  - a. Initial ends defending/attacking will be determined via coin toss prior to the start of the game.  
Winner of the coin toss chooses first alternate possession or end to defend to begin play.
  - b. Alternate possession shall be taken 2 meters inside the closest line including the midfield line.
  - c. Prior to the first OT, an additional coin toss will be utilized to determine the end defending. AP remains.

## Equipment

### 1. All field player's equipment:

#### a. Crosse:

1. Must be 40"-44" in overall length.
2. Shooting strings must be located within the top 4" of the top of the head.
3. Pocket depth: The official must observe that the top of the ball remains above the top of the sidewall.

#### b. Protective Equipment:

1. Eye protection
2. An intra-oral mouthpiece

### 2. Goalie equipment:

#### a. Crosse

1. Must be 40"-72" in overall fixed length
2. The head of the crosse must be 10"-12" wide with a maximum head length of 16 1/2".

#### b. Protective equipment:

1. A NOCSAE approved helmet manufactured for lacrosse.
2. Gloves: may be specially designed for goalies
3. Chest protector and throat protector

## Play of the Game

### 1. Draw: Each quarter shall begin with a draw.

- a. On the word "ready" the players will remain motionless (except for head movement) until the whistle is blown.
- b. Players first movement with the crosse must be up and the ball must go above the heads of both centers.

### 2. Restarting Play:

#### a. After a goal: the team scored upon will be awarded possession.

1. Play shall resume once the goalie has possession of the ball inside their crease

b. On an out of bounds: The ball shall be awarded to the opposing team at the point where the ball was declared out of bounds. The player shall self –start.

1. The player shall restart play in bounds with a pass or a step. They may run in from out of bounds.

2. All players must allow 2 meters of space for the boundary restart.

c. After a penalty, timeout or any other stoppage of play: The team being awarded possession shall start the ball 2 meters inside the closest boundary line from where the ball was when play was stopped.

1. If in their offensive half, the closest boundary line may also be the midfield line.

2. If in their defensive end, play may resume at the spot of the foul.

3. The play shall be restarted with the official’s whistle except for technical fouls.

d. Self-Start: Following any technical foul and all boundaries play shall restart with a self start by the player closest to the boundary or foul. Self start is not allowed following a Major or Minor foul, or any time the clock has been stopped.

3. Advancing the ball:

- a. The goalie, with the ball in her possession, may not remain in the crease for more than 5 seconds.

- b. A timeout, taken by the goalie in possession of the ball in her crease shall not reset the 5 second count.

4. Once the ball is advanced over midfield: the offensive team may not bring the ball back over to the defensive half unless: a. the ball was last touched by the defensive team or b. a shot leaves the offensive half of the field off the goal pipes or crossbar.

## Technical Fouls

Technical fouls are those of a less serious nature

Penalty: The penalty for a technical foul shall be change of possession. The player being awarded the ball may self start.

1. Crease violation: Attack player in the crease any time except following the ball entering the goal on a shot or interfering with the goalie playing the ball in her crease at any time.
  - b. The goalie or defensive player not clearing the ball within 5 seconds following a goal or save.
  - c. No player carrying the ball may carry the ball into the crease.
2. Over and Back: Once the ball crosses midfield it may not cross back over the midfield line unless a direct Result of a shot off the pipe or cross bar or the defense is last to touch ball before it crosses back over.
3. Illegal draw: Moving too soon or not making first move in an upward direction
4. Illegal substitution: Not subbing through the team substitution area or too many players on the field
5. Charge: Attack may not charge, barge, back into or displace an opponent while in possession of the ball
6. Illegal screen/Blocking: No offensive player shall move into and contact a defensive player with the purpose of blocking a defensive player from the player they are playing unless the offensive player is motionless, before the contact occurs.

## Minor Fouls

Minor fouls are those that impede play in an unsafe or unfair nature.

Penalty: The penalty for a minor foul shall be a 20 second non-releasable suspension of the offending player from the game. The official's whistle will restart play.

1. Stick to body contact: Contacting the opponent using the handle of the stick
2. Holding: A player shall not impede or detain the movement of an opponent or her crosse by using her stick, free hand or any other part of her body, stepping on the crosse.
3. Pushing: A player shall not displace or shove an opponent with their hands, body or stick.
4. Warding: A player in possession of the ball may not use her free hand or arm, or any other part of her body, to hold, push or control the direction of movement of the crosse or body of an opponent.
5. Encroachment: On all restarts the opponent must remain at least 2 meters away from the ball carrier until the ball carrier begins play. (a step or pass begins play)

## Major Fouls:

Major fouls are those of a more serious nature

Penalty: The penalty for a major foul shall be a 45 seconds non-releasable suspension from the game for the offending player and the official's whistle shall restart play.

1. Stick to head contact: Players may not make stick to head contact of an opponent at any time.
  - a. Check to the head, dangerous follow through of a pass or shot and defensively contacting the head

of an opponent with the handle or head of the stick.

2. Unsportsmanlike Conduct: No player, substitute, coach or anyone officially connected with a team shall:
  - a. Use excessive dissent or abusive language towards an official
  - b. Taunt, bait or use abusive language toward an opponent
  - c. No coach shall enter the field of play during the game without permission of an official.
3. Slash: Swinging a crosse at an opponent's crosse or body in a reckless, uncontrolled or dangerous manner.
4. Tripping: A player may not trip an opponent with any part of his body or crosse.
5. Cross Check: A player may not use the handle of the stick to hit, push or displace an opponent. Any action that thrusts or shoves an opponent using the stick. Any stick to body contact initiated by the defender with a stick held in a horizontal position.
6. Dangerous Propel: Propel the ball with one's crosse in a dangerous or uncontrolled manner at an opposing player.
7. Obstruction of Free Space to Goal: Deliberately blocking the space to goal while not marking an opponent within 1.5 meters of an opponent, when the ball carrier is looking to shoot on goal and has an opportunity to shoot; and the ball is in one's attacking half of the field.
8. Repeated minor fouls
9. Illegal Stick

## Penalty Administration

### 1. Procedure:

- a. A player who has committed a major or minor penalty must leave the field of play at once and report immediately to the substitution (penalty) area and remain there until the penalty time has expired.
- b. When an official recognizes a violation of the rules they should:
  1. For a foul committed by the team in possession the whistle is sounded immediately
    - a. The ball is given to the team at the spot of the foul if in their defensive half.
    - b. The ball is given to the team at the closest boundary line or midfield line in their offensive half.
  2. For any foul committed against the team in possession:
    - a. The official shall raise their hand signifying a penalty
    - b. The official shall withhold the whistle a goal is scored by the offended team or until

- the ball goes out of bounds.
  - c. The ball hits the ground or the defense gains possession
  - d. The attacking team commits a foul.
  - e. The quarter expires or the attacking team requests a timeout
3. When the official ends play with a whistle, they should turn to the bench area and report the penalty quickly.
  4. Once the penalty is reported and the offense is ready to restart play, the official should sound their whistle, regardless if the penalized player is off the field or not.
  5. The official may stop the clock if needed in situations where there are multiple penalties or further explanation is needed to the penalty timer and scorekeepers.
  6. For all major and minor fouls the official shall restart play with a whistle.

## Penalty Time

- a. All minor fouls are 20 seconds and major fouls may be 45 or 90 seconds non-releasable.
  1. Penalty time begins when the player serving the penalty is seated in the penalty area. The Player must remain seated for the entirety of the penalty time.
  2. Any player serving a minor penalty shall be released when the penalty time ends or after the scoring of a goal.
  3. Any player serving a major penalty must serve the entire time regardless if a goal is scored.
  4. If a goal is scored during or before a minor foul is assessed or served the penalty shall be eliminated before the restart of play.
  5. If a goal is scored during or before a major foul is assessed or served the penalty stands and the player must serve the full time.
  6. Any player that accumulates more than 3 minutes of penalty time served shall not be permitted to reenter the game.

Game Field Dimensions: The field is 60 yards by 40 yards for the 18U, 16U and 14U teams. The field for the 12U, 10U and 8U teams is 50 yards by 30 yards. The crease has a 9 foot radius and the back of the crease is 1 yard from the end line. The midfield line is at 30 yards and 25 yards respectively.

The substitution area/penalty area is 5 yards either side of the midfield line and 6 yards deep.